



Casemate

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Special Report

A silent minority

Army 'ahead of society' in addressing abuse

BY CONNIE SMALLS
CASEMATE EDITOR

The bright purple bruises on his upper arm were in sharp contrast to the faded yellow ones. The short sleeves on his brown T-shirt just barely covered the remnants of the previous night's fight. His BDU collar couldn't hide the long, crimson, raised marks from her nails that stretched from the left side of his neck to under his chin.

Repeated arguments with his wife had escalated to frequent physical confrontations. People were noticing. How could he continue to deflect the repeated questions from fellow soldiers when asked about the marks? How could he continue to deflect her punches?

The above situation sounds like a scene from a movie, but it's actually played out in real life, and in the military. Male spouse abuse is a continuing problem, according to family counseling experts.

The number of "initial substantiated*" male spouse abuse victims on active duty in the Army was more than three times the number of active-duty female spouse abuse victims in FY94, but that number has decreased steadily over the last decade, Eva Granville, Fort Monroe Family Advocacy Office, said.

The Army's and TRADOC's statistics follow the same pattern, showing a decline in spouse abuse victims over the past decade. Although in most years since FY94 active duty male spouse abuse victims outnumber female victims two to one.

"Male soldiers in abusive relationships don't see themselves as abused (in the same sense that women do)," Mary Stahlman, a social worker with McDonald Army Community Hospital, Fort Eustis, said. "Fortunately, the military is aware of the problem and is taking steps to correct it."

Counseling services are provided through the family advocacy office of Army Community Service at most installations. Monroe has a low caseload (for male spouse abuse), said Stahlman, but those kinds of cases here and at Forts Eustis and Story have one thing in common — the soldiers aren't volunteering for help.

It's usually someone in the chain of command that sees the problem, she said.

"They (the command) see the bruises ... they want help to resolve the situation. I don't think I've had a soldier walk in himself and say ' (See SPOUSE ABUSE, Page 10)

Post youth services benefits from CFC donations

BY PATRICIA RADCLIFFE
CASEMATE STAFF WRITER

Combined Federal Campaign contributions directly impact Child and Youth Services (CYS) on post. In fiscal year 2003, CYS received \$8,531.37 in CFC donations.

"We appreciate the CFC contributions and directly apply them to CYS programs. CFC allows us the flexibility to use money for things like the anti-tobacco conference and concert kids attended recently. (Kids could attend the concert only if they attended the conference). We had only one week's prior notice [for the conference]. It would have been impossible to request and receive funding for these activities on such short notice," Susan Searles, chief, CYS, said.

"CFC allows us to be involved in programs and to get speakers from various organizations. Which, in turn, allows us to go beyond the boundaries of the installation and build a partnership with the community," Searles continued.

CFC money was used to purchase a variety of science and math lab kits for grades 1 through

12, and educational software to enhance the homework assistance program, SAT preparation and career exploration. Color printers and scanners were also purchased for the youth computer lab to assist with school projects.

To support parents, monies were used to establish a resource library and furnish it with books, videos and tapes on parenting, children's developmental stages and issues that youth deal with in society. Sports and fitness equipment

was also purchased.

"This is my fifth year working with Fort Monroe CYS," Beth Sigler, Youth Services Director, said. "We have received contributions from numerous individuals, in varying amounts, every year that I have worked here. When it comes to children, you can never have too much money to apply for building better programs. It is always nice to have that unexpected source of (See DONATIONS, Page 7)

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Commentary

Chaplain's corner

A touch of faith stops God in His tracks

There is a story in the New Testament about a woman who had suffered from sickness for twelve years. She had apparently tried everything to find relief from her pain, but to no avail. This nameless woman was frustrated and full of despair until she heard Jesus was coming through her neighborhood. In the corner of her heart a small kernel of hope began to grow.

The story is familiar by now – she makes her way through the crowd that is pressing Jesus on every side and reaches out to touch the hem of his robe. The slightest touch – barely brushing her fingers along the fabric – causes Jesus to stop in mid-stride, wheel around and ask the pointed question: “Who touched me?”

How many other people in the crowd that day were hurting? How many other people were in pain? Yet this woman was the only one with faith enough to reach out and touch God’s Son.

The great Scottish preacher and

former Chaplain to the U.S. Senate, Peter Marshall, developed a beautiful message regarding this sick, nameless woman and the lesson we learn from her: our lives are transformed only when we come into personal contact with the living God.

Crowding around won’t do.

Wishing it were so won’t make it happen.

Counting on someone else’s faith won’t secure an audience with the Almighty.

Only a personal encounter transforms a life.

It doesn’t matter whether it’s out of desperation, fear, or even anger (sometimes our most honest prayers are those uttered when we’re angry with God); what matters is the personal connection.

Think about it, Marshall writes— at the touch of a sick, nameless woman the King of the Universe stopped in his tracks. It’s no different today.

There are three major lessons we can learn from this unnamed woman:

Take a risk: The woman risked ridicule, embarrassment, and criti-

cism for her act; but miracles don’t take place in safety. Faith, by definition, is risky – it requires us to place our trust in another. But listen to these words that the “other” says: “I know the plans I have for you; plans for good ... to give you a future and a hope” (Jeremiah 29:11).

Place yourself in the presence of God: I’m a fly fisherman, or at least I’d like to think I was one. I have the waders, the vest, the rod and brand new large arbor reel from Orvis. I have a special fly-fishing hat, cool polarized sunglasses, and three boxes full of fuzzy, furry, hairy little flies as lures. Last time I went fly-fishing? Sometime in January. Number of times I’ve been since arriving at Fort Monroe three years ago? Once. So – to be a fisherman, don’t I need to be in a place where trout gather? You get the point: while God certainly meets you where you are, he has a tendency to prefer community gatherings where he is the object of worship – be there when he shows up.

Believe: Jesus turned to the



Chaplain (Lt. Col.) David Reese
Post Chaplain

woman and said, “Your faith has made you well.” She believed that He was capable of healing her. Do we believe our God is big enough to handle our trauma? Do we believe He desires the best for us? The hope that existed in the heart of the woman was generated by faith in God. What generates your hope?

Hope is born to life when we have a personal encounter with God. Don’t be one of the crowd members who watches – be the one who stops him in his tracks.

It’s never just a number for families left behind

As the body count of U.S. service members killed in Iraq continues to climb, I fear the American public will begin to see those brave souls as mere numbers in a tragic tally.

News anchors introduce stories with phrases like, “As the number of American dead in Iraq continues to rise...”

The stories that air on the evening news seem remarkably similar ... a rocket-propelled grenade here ... a sniper’s bullet there. It all becomes familiar, expected after a while.

The families left behind, though, do not expect it. The young wife, who was looking forward to a lifetime together with her husband, does not expect it. Neither do the sons and daughters, who never really got a chance to know their dad. And the mother and father certainly never expect to outlive their child.

I know the families don’t expect it, because I once had the task of bringing a family the news. It wasn’t during the Iraq conflict. In fact, it wasn’t during any conflict at all. It was 1996, and I had the task of informing a couple that their son, an Army NCO, had been murdered.

I was an Army sergeant first class at the time, stationed at Fort Meade, Md. I came down on the detail roster for casualty notification duty just as all the other NCOs in the battalion did. I attended my two hours of training on Friday and went home for the weekend, never expecting to

get the call.

The call came at 6 a.m. Saturday. I shook the sleep from my head as I showered and shaved, and I was already starting to get nervous as I donned my Class A’s. I’d never done this before. How was I going to face this family?

My trepidation only got worse as I drove to the post. The casualty affairs NCO on duty must

have seen it written all over me as I picked up the briefing packet and address in his office. I still remember his words: “You’re going to do this just fine, Sergeant Arndt,” he said. “This is a fellow NCO’s family. He needs you to do this.”

The parents I had to notify lived near Frederick, Md., so I had a good bit of time during the

(See FAMILIES, Page 9)

Fallen Soldier provides lesson on selfless service

There are very few events more poignant than a memorial service for a fallen Soldier.

The service finishes with a final roll call by the company first sergeant of the Soldier’s squad members. Each Soldier in turn responds, “Here, first sergeant.” Then, three times in a row, the first sergeant calls out the dead Soldier’s name. Finally, after the third silent pause, waiting for a response that will never come, a lone bugler sounds Taps.

This evening I went to a memorial service for Pvt.2 Jonathan Ioakimo Falaniko. Jonathan was killed on Oct. 27 in Baghdad by a rocket-propelled grenade attack. As you would expect, the memorial service was sad, but it was also a profound lesson on faith, selfless service and a family’s love. Jonathan’s

unit, the 70th Engineer Battalion, is part of the Army’s 1st Armored Division Engineer Brigade. The senior enlisted soldier in the brigade happened to be Jonathan’s father, Command Sgt. Maj. Ioakimo Falaniko.

After the company commander and a few of Jonathan’s friends spoke at the memorial service, the command sergeant major stepped forward and spoke. He spoke about Jonathan as both a soldier and a son and his words were truly inspirational. I cannot fully capture in words the profound lessons of faith and selfless service revealed in the life of Jonathan and the tribute by his father, but I think it is important to pass on a small part of it.

(See FALLEN SOLDIER, Page 16)

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Casemate

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What does Veteran’s Day mean to you?



Tony Dill, dependent

My entire family was in the military: my great grandfather, grandfather, dad, two brothers, wife and son. I did 20 years in the Army. One winter my wife and I saw four veterans living under a bridge in Phoebus. So, we came home, got blankets and sleeping bags and gave them to them. I told them they were welcome to come and live at my house. My son didn't understand that, until he completed basic training. It's a way of life, not just a job. People who were never in often don't understand the sentiment.



Diana Clemmons, Air National Guard Staff Sergeant

Veterans Day tends to have more significance for the older generation because of World War II and the Korean Conflict. Now, with war in the Middle East, it has more significance for more of the U.S.; although, as a national holiday, it's not really celebrated. People were very proud after 9-11 – little kids would come up to me and say thank you. It made me teary. It should be like that every day for the military because of the every day sacrifices the military makes. I wish civilians could understand.



Staff Sgt. Kathleen Khan, Craven Clinic

When I think about veterans today, I am thankful and grateful for the soldiers and veterans who came before me. I think it should be recognized more than one day out of the year. I have spoken to a lot of veterans and the stuff they went through is not like what we go through today. It is awesome what they've done.



William Carter, contractor

We, in this part of Virginia, should be the most respectful people to the military. I'm not a veteran, but my father served in the Army. He was hospitalized in the VA hospital from time to time. When he was there, his mind was on the past and war, but when he came home, he lived in the present. There are not enough activities to get [older or disabled] veteran's minds off the past. At the VA hospital, all you see are reminders of war. To bring them back into society, keep them and their minds in society.



CWO3 Coral Jones, TRADOC DCSPIL

It's a day to be proud of our men and women serving in the U.S. Armed Forces and the ones who have served before us. It's a day to say thank you for granting me the freedom that I enjoy today – a day to say, your sacrifices have not gone unnoticed; but rather, are deeply appreciated.



Wista Frederick Bane, Jr., Army veteran

All soldiers need to be honored. Not everyone who serves this country can shoot a rifle; there is a lot of support that goes to those who fight. They should be recognized too.

3X5 VA Air & Space

3X5 ITT Systems

News clips

Post holiday hours

Operating hours for several post activities/offices for Nov. 10-12 are listed below.

- ❑Vehicle registration: 8:30 a.m.-1 p.m., Nov. 10
- ❑Chaplain's office: Closed. In case of an emergency, call the MPs at 788-2238 and they will have the chaplain on duty contact you.
- ❑Frame and craft shop: 10 a.m.-2 p.m., Nov. 10
- ❑Auto shop: 8 a.m.-5 p.m., Nov. 10
- ❑Pool: 6 a.m.-7 p.m., Nov. 10
- ❑Fitness center: 5:30 a.m.-6 p.m., Nov. 10; 8 a.m.-4 p.m., Nov. 11
- ❑Post thrift shop: closed Nov. 11

- ❑Bowling center: 8 a.m.-6 p.m., Nov. 10; 6 p.m. (leagues) Nov. 11
- ❑Marina: 7 a.m.-6 p.m., Nov. 10-11, closed Nov. 12
- ❑Youth services: 3-6 p.m., Nov. 10
- ❑Bay Breeze Community Center: 8 a.m.-4:30 p.m., Nov. 10

Stuffed toys are needed

The Fort Monroe Fire Department uses small, stuffed animals to help calm children during a medical or fire emergency. The supply of the stuffed animals is at a critical low; so, donated animals would be appreciated. New, baby-safe stuffed animals that are about two to four inches tall – small enough to

fit in an EMS bag – can be donated at the fire station during regular business hours. Call Rick Ferrell at 788-2920 for more information.

Memorial ceremony

The Germany Army liaison staff is proud to announce that there will be a German Memorial Day ceremony on Nov. 16, at 11 a.m. at the Hampton National Cemetery, Phoebus. The public is invited.

After the ceremony, there will be a no-host luncheon at the Bay Breeze Community Center. For information and registration, call Joe Rodriguez at 875-1610 or Sgt. Maj. Lieske at 788-3639/2703.

Household chemical collection day

The Virginia Peninsula Public Service Authority will collect household chemicals on Nov. 15, from 9 a.m. to 1 p.m. at the Public Works Operations Complex in Hampton (419 North Armistead Avenue).

Maintenance, automotive, lawn care and miscellaneous chemicals will be accepted.

Unacceptable materials include business or medical waste, explosives, compressed-gas cylinders, shock-sensitive materials, ammunition and gun powder.

This free program is for Hampton residents only – proof of residency may be required. Call the environmental office at 788-2444 for more information.

Recycle on post

The post recycling program accepts various types of paper (including magazines), used toner and inkjet cartridges; and ferrous and nonferrous metals.

Building coordinators can call 788-2444 to have magazine collection bins set up in their buildings. The recycling team will empty magazine bins on their collection routes.

The Recycling Center, Building P-81, is located off Eustis Lane, near veterinary services. Operating hours are Monday-Friday, 7 a.m. to 3:30 p.m. Call 788-3166 for pick ups and 788-2444 (environmental office) for more information about recycling.

Holiday rooms available for enlisted personnel

Enlisted personnel, E-6 and below, stationed at Peninsula installations who can't go home for Christmas can take part in the annual Holiday Rooms Program (HRP). HRP arranges free lodging for their immediate family members at Peninsula inns. Families can have a reserved room at a participating hotel starting at 4 p.m., Dec. 24 until check-out at noon, Dec. 27.

HRP is sponsored by the Military Affairs Council of the Virginia, Peninsula Chamber of Commerce and its member innkeepers. The program is intended to provide one room per enlisted person on a first-come, first-served basis.

Rooms are double bed, double occupancy, for use by no more than five people. The service member assigned to the room must arrange for cots or cribs with the hotel.

The Fort Monroe Public Affairs

Office is responsible for coordinating all lodging requirements for enlisted personnel at this installation only and for answering questions regarding the required room registration form. Participants are required to fill out Part 1 (only) of the form and return it to the Fort Monroe PAO no later than Dec. 2.

Part II of the registration form, which indicates the participating inn having the reserved room, will be completed by the PAO and given to participants on or around Dec. 12.

Forms are available at the Fort Monroe PAO, the HHC orderly room (temporarily relocated to the Building 28 (DPW), 318 Cornog Lane), command sergeants majors' offices throughout the installation and via command email notices.

For more information on HRP, call Earl Richards at 757-788-3205.

3X10 USAA

3X3 1/2 St. Andrew

Museum recovers from Hurricane Isabel flooding

BY DAVID J. JOHNSON
CASEMATE MUSEUM TECHNICIAN

The floodwaters unleashed by hurricane Isabel did not cause severe structural damage to the Casemate Museum, but they certainly disrupted its operations. The museum has been closed since Sept. 18 and may not completely reopen for another month or two. The resulting loss of visitation, donations and gift shop sales is a serious problem because the museum is among the few post facilities that serve the general public as well as the Fort Monroe community.

An inch of water entered the museum during the storm, creating a sinkhole near the entrance, ruining carpets and contaminating most of the office furniture, as well as several exhibit cases. However, this situation could have been much worse.

Museum director Dennis Mroczkowski observed that “Because of advance planning and preparation by our staff, we did not lose any artifacts or archival documents, nor did we have to replace any office equipment.”

Before the hurricane was scheduled to strike, the staff and volunteers placed as many items as possible at least three feet off the floor. Antique weapons were removed from exhibit cases for secure storage in the arms room, and the museum’s most valuable piece—the Jefferson Davis pipe—was locked in a vault. Unfortunately, eight mannequins anchored to the floor in the West Bastion suffered irreparable water damage, but their reproduction uniforms and accoutrements have been salvaged.

Seeing a silver lining in this dark cloud, Mroczkowski stated that “We should take advantage of this opportunity to improve the museum

storyline.” One of his most ambitious plans is to relocate the living quarters exhibit (living room and bedroom) from casemate six to casemate three, where it would mark a transition from the late 19th to the early 20th century. Another plan is to remove the restrooms in casemate four and use that space to discuss the Artillery School and formation of the Coast Artillery Corps, possibly utilizing a plotting board and other gunnery instruments presently in storage.

Eventually, Mroczkowski would like to move the museum offices to Quarters No. 1, when that building becomes available, and relocate the gift

shop to the director’s present office. This would create sufficient space to properly discuss the various major commands headquartered at Fort Monroe since 1946, as well as the Army’s training programs during that period. Exhibits such as “Defender of the Chesapeake,” the railroad station and the Casemate Club would not be affected by this renovation.

One definite casualty of the storm was the museum’s Halloween lantern tour, an annual event since 1986. No decision has yet been made on whether to schedule a Christmas lantern tour this year.

Commissary scholarship program now open

BY DONNA MILES
AMERICAN FORCES PRESS SERVICE

WASHINGTON — Nov. 4 kicked off the application period for the children of active duty, retired and Guard and Reserve members to apply for \$1,500 academic scholarships. The application window for the 2004 Scholarships for Military Children program extends through Feb. 18.

Now in its fourth year, the program, operated by the Defense Commissary Agency, has awarded nearly \$2.5 million in scholarships to some 1,500 children of U.S. service members and retirees.

The goal, according to Kay Kennedy, chief of corporate communications for the Defense Commissary Agency, is to award at least one scholarship at every commissary location,

depending on the number of qualified applicants and funding.

Funding comes from manufacturers and suppliers whose products are sold at military commissaries, Kennedy explained. In addition, the Fisher House Foundation is underwriting the program’s administrative costs.

The general public can also contribute to the program through the Fisher House Foundation and the Armed Forces Foundation.

Air Force Maj. Gen. Michael Wiedemer, director of the Defense Commissary Agency, said he is excited about the program’s growth. Last year, 550 scholarship recipients were selected from 6,500 applicants.

For more information about the scholarship program and application procedures, visit the program’s web site.

3X7 SNE

3X7 Titan Corp.

3 x 14 Freedom
Stores



Photos by Patrick Buffett

A spiritual gathering ... Tribal music celebrating everything from veterans to the American flag was provided by the Four Rivers Drum Group, above, during Fort Monroe's Native American Heritage Month celebration Nov. 4 at the post theater. The celebration's theme was "Stengthening the Spirit." Drum group members are: from left to right, Kenneth Moore, Edward Eagle, Robert Jondreau and Dennis Roberts. Not pictured are backup singers Danielle Bradby and Jamie Ware-Jondreau. Right photo: Michael Pavatea describes his work with the Hopi Guidance Center, Veterans Services Progam in Second Mesa, Ariz. The events other keynote speaker, Sharon Batala, discussed Hopi tribal history and Indian spiritual beliefs.



3 X 3 1/2 Suburban

3 X 3 1/2 ECPI

DONATIONS

(Continued from page 1)

money for that hard-to-acquire, state-of-the-art equipment. Whether it's for infants or high-school-age youth, we will direct money to fulfill the need," she said.

Hurricane Isabel destroyed two CYS buildings this year: Building 95, used for school aged services and hourly care; and, Building 98, which housed the CYS administrative staff and the

school-year middle school program. Plans for CFC monies include using it to re-stock supply and equipment items for school-age services and middle-school programs. Monies will also be used to pay for attendance at youth specialty camps and for guest speakers at youth programs.

The CYS CFC code for the current campaign

is 7020. For more information, call Sigler at 788-3957.

(Editor's note -- Fort Monroe has surpassed its CFC goal, according to Paul Heilman, post coordinator. TRADOC is at 49 percent of its goal as of Nov. 5. The deadline is extended through Dec. 12. For more information, call Michelle Proulx at 788-3241.)

Fort Monroe Soldier of 2nd Quarter



Rank/Name: Spc. Jonathan Severance
Unit/MOS: 233rd MP Detachment, PMO Desk Sergeant / Military Police
Entered service: September 2000
Previous assignments: 410th MP Co, Fort Hood, Texas
Hometown: Stratford, Conn.
Family: Parents, William and Francis Severance
Accomplishments: Deployed to Egypt for Bright Star 2001/2002; Member of TRADOC color guard
Goals: Make commandant's list during PLDC; become an NCO; continue higher education

(Editor's note: Sgt. LaTasha Hoggard, HHC, is the NCO winner for the 2nd Quarter. Winners of the 1st Quarter Soldier and NCO honors went to Sgt. Robert Jones, 1/116th Inf. Bn. and Spc. Jonette Sillas, 233rd MP Det.)

Blood drive — Nov. 12

An American Red Cross blood drive will be held Nov. 12, 9 a.m.-3 p.m., at the Community Activities Center. For more information, call 788-4623.

Thrift shop news

The Fort Monroe Thrift Shop will be closed on Veteran's Day Nov. 11 and on Thanksgiving Nov. 27.

The Fort Monroe Thrift Shop is open 10 a.m.-2 p.m. on Tuesdays and Fridays. The shop is bursting with new TSP (Thrift Shop Property) and Red Tag items, according to Dibba Hamilton, shop manager. There are also new consignments.

Consignments are accepted on Tuesdays and Fridays from 10 a.m.-1 p.m. Please call before bringing any large items to be sure there is room.

The shop is located next to the Fort Monroe Credit Union. It is open to the public for sales, but only authorized ID card holders can consign items. For more information call 788-2566.

4X12 Verizon Wireless

Donors sought for ‘Gift of Groceries’ for military families

BY DONNA MILES
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Nov. 3, 2003—With the holiday season right around the corner, officials at the Defense Commissary Agency are encouraging the American public to show its support for U.S. service members through its highly successful “Gift of Groceries” program.

The program, which enables anyone to purchase and donate gift certificates good at all 280 military commissaries worldwide, reached the \$1 million mark just six months after its launch in September 2002, according to Kaye Kennedy, the agency’s corporate communications chief. Now that figure has climbed even higher, with \$1.6 million in gift certificates purchased through the program.

Jean Villerreal, DeCA’s gift certificate program manager, said the program “has really exceeded all our expectations as customers, industry and military charities embrace the service.”

Kennedy attributes the program’s success to the fact that it gives friends, family and the public an opportunity to show their support for military families. Donors can present the gift certificates to military families directly or send them to a local military relief organization. They can also elect to donate them to one of the three non-profit organizations supporting the program: the Air Force Aid Society, the USO and the Fisher House Foundation.

“Our priority is to get these gift certificates to the families of service members wounded in Operation Iraqi Freedom and Operation Enduring Freedom,” said Jim Weiskopf of the Fisher House Foundation. He said families staying in

Fisher Houses at Walter Reed Army Medical Center in Washington, and the National Naval Medical Center in nearby Bethesda, Md., while their wounded family members undergo medical care are already benefiting from the program.

Military chaplains’ funds purchased more than \$500,000 in gift certificates for the 2002 holiday season.

Civilian organizations are jumping on board as well. One regional family-support effort near San Diego netted \$50,000 in donated gift certificates last spring.

And now with the holidays approaching, officials are hopeful that the public’s generosity will continue. The Gift of Groceries program oper-

ates through a business agreement with CertifiChecks Inc., at no cost to the Defense Commissary Agency or the federal government, Kennedy said. Only authorized commissary shoppers can redeem the gift certificates.

To buy purchase commissary gift certificates, visit www.commissaries.com or call the toll-free 1-877-770-GIFT. The certificates are not sold in commissaries, Kennedy said.

A standard charge of \$4.95, paid by the purchaser, covers the cost of handling, printing and mailing. Additional charges may apply for large orders or special delivery, but installation charities can apply for a waiver by checking with their local commissary.

Toys for Tots program gears up for successful season

BY PHEBE L. MORROW
TOYS FOR TOTS POINT OF CONTACT

The holiday season is upon us once again, and the 2003 “Toys for Tots” Campaign is beginning at Fort Monroe. In past years we have found that the holiday party sponsorship is the most proficient way to collect donations. So, we are particularly interested in getting as many DCS’s/Directorates to sponsor Toys for Tots at their holiday parties as possible.

Last year we had a banner year for toy collection at Fort Monroe, and I hope this year will be no different. Especially realizing that with the recent hurricane, loss and destruction, it will be a very slim Christmas for many, and no Christmas at all for some. Understanding also, that the Fort Monroe

community was hit very hard, donations this year might be difficult.

If your organization decides to sponsor Toys for Tots at your holiday party this year, please call me and let me know what day your party will be, where it will be held, and what time you wish to have the Marines come for toy pick-up. This year the deadline for toy donation pick-up is Dec. 15.

The Toys for Tots website, <http://tradoc.monroe.army.mil/dcsrm/toys-for/toysfortots.htm>, contains specifics about toy donation guidelines, so please take a moment to view it.

For more information, or for toys pickup, call Phebe Morrow at 788-2729 or e-mail: morrowp1@monroe.army.mil.

4X7 George Washington U.

2X3
Kecoughtan

2X4 Nat’l
Mortg.

FAMILIES

(Continued from page 2)

drive to compose myself. I rehearsed the words over and over again as I drove: “The President of the United States regrets to inform you...The President of the United States regrets to inform you...The President of the United States regrets to inform you...”

The small town where the family lived was a long way from the nearest highway, and I had to pull the government sedan into a gas station to ask directions to the street. The attendant, suspecting the reason for my visit, asked me whom I was going to see. When I told her I wasn’t at liberty to say, her only reply was a quiet “Oh my God...”

I pulled into the short driveway leading to the small, single-story house. A neighbor was working on his car in the driveway next door. He was a graying man...old enough to recall a time when other soldiers in uniform had knocked on other neighbor’s doors. He eyed me up and down, and asked, “Their son’s alright, isn’t he?” When I didn’t respond, he turned visibly pale. “Oh no...” he said.

I knocked on the door with my hat in my hand and my heart in my throat. The door opened, and a 50-something lady looked out at me. She knew the minute she opened the door what my presence meant. The look of horror on her face made me stammer as I asked, “Are you Mrs. Smith?” She nodded, a tear forming in the corner of her eye. “I have news about your son,” I said. “May I come in?”

The rest of the words I said that day are a blur, despite the number of times I rehearsed them. I remember Mr. and Mrs. Smith sitting together on the sofa as I told them the news. I remember Mrs. Smith’s sobs and tears, and Mr. Smith’s stoic resolution to be strong for his wife, even as his heart was breaking. I remember my own tears, shed despite my best efforts, as I struggled futilely for words that would help ease this family’s grief.

After the initial wave of tears, I began telling the Smiths some of the details that they could expect over the coming days, of people who would be calling them, of chaplains who were there to help them, of the casualty assistance officer who would be helping them through the process of resolving their son’s death.

As I was explaining these things, Mrs. Smith looked at me suddenly, and asked if I knew her son. When I told her that I did not, she asked me why I was chosen to notify them.

I explained to the couple that the Army always notifies families in person, and that since her son was an NCO, I was chosen from a pool of NCOs to conduct the notification. She then asked if this was my job all the time. I told her that my normal job was an Army journalist, and

this was the first time I’d had to notify a family of a Soldier’s death.

“So you were just ordered to do this?” she asked.

“Yes Ma’am,” I replied.

Her eyes filled with tears once more as she leaned forward and hugged me. “You poor thing,” she said. “What an awful thing to have to do.”

I was shocked. I had just told this woman that her son was dead, and she was feeling sympathy for me for having to be the one to break the news. I struggled for a response.

“It’s my duty, Ma’am,” I managed. “It’s the least I can do for your son.”

She leaned back and looked at me. “Thank you,” she said.

Some moments in life you never forget. Every time I hear a news report about a service mem-

ber killed in Iraq, I remember Mrs. Smith. I remember the horror, the profound sadness, and the sympathy in her eyes.

Those service members will never be numbers to me, because I know that for every one of them, there’s a Mr. or Mrs. Smith, who will get that knock on the door by a man or woman in uniform, bearing the news that their son or daughter, brother or sister, husband or wife, is dead.

For those who haven’t known a Mrs. Smith, those news reports may seem like numbers. Those who have seen the human side of the reports know that they’re not. I can only hope that the American public knows the difference...for the sake of all our service members – and their mothers.

(Editor’s note: By Richard M. Arndt, editor of the Belvoir Eagle newspaper; courtesy Army News Service)

4 X 10 GEICO

‘Thumpers’ serves breakfast

Thumpers on the Bay serves breakfast from 7-11 a.m. Monday through Saturday, as well as lunch until 3 p.m. Daily lunch specials are available Monday - Friday. For more information, call 788-4680.

2 X 2 Readings

Agency informs public on domestic violence

Hampton, Va — National Domestic Violence Awareness was emphasized last month during a series of programs and advertisements aimed at informing the public about this terrible crime. This is a time of year for collective action when communities throughout the country unite to help end this devastating and deadly crime.

A tradition for over a decade, National Domestic Violence Awareness Month is observed for the purpose of mourning those who have died as a result of the abuse, celebrating those who have survived, raising public consciousness about violence in the home and galvanizing individuals to help eliminate it.

The effects of this crime are far reaching. Last year, Transitions Family Violence Services, the local domestic violence agency located on the Peninsula, provided crisis services to 306 victims of abuse. That same year, 372 sheltered and outreach children received services through the agency's comprehensive children's programs.

"Domestic violence is a crime that occurs in every community, including ours," said Transitions Executive Director Marcy Wright. "Last year alone, our 24-hour HOTLINE received 1,230 calls. That same year, we sheltered 318 women and children with 13,608 nights of shelter.

"Eliminating domestic violence from our community requires teamwork," she said. "Each one of us needs to make a commitment to help eliminate domestic violence. It's time to work together to create a community that will not tolerate abuse."

(Courtesy Transitions, Family Violence Services)

Legal seminar

A free legal seminar for domestic violence victims will be held from 5:30 – 7:30 p.m., Nov. 19 at the Transitions Client Services Building, 137 North Kings Way, Downtown Hampton. Child care will be available at no charge. The seminar, conducted by Transitions Family Violence Services, is designed to educate victims of domestic violence and interested community professionals about criminal and civil procedures and resolutions.

Presenters will be Hampton Attorney Stuart Saunders, Esq.; Transitions' Court Advocate Dina Blythe and Hampton Police Division Domestic Violence Unit Detective Brian Covington. The presentation will address questions such as: How do I petition for custody and support? How do I obtain a divorce? I am not safe, what can I do?

Register by Nov. 18 by calling Dina Blythe at 728-2638 or Fax: 728-1538.

SPOUSE ABUSE (Continued from page 1)

I'm being abused by my wife.' Every male soldier that's been in my office has been initially identified by his command."

There are two types of male victims that the military refers (for counseling) most often, Stahlman said.

"In one case, men are being abused by women and are not fighting back — they have been taught to never hit a woman. But their spouses have not been raised to avoid physical violence, and they are becoming physical.

"The second kind of case is where both partners are striking the other and the abuse is mutual," she said.

"I think what the military is seeing generally, is more cases where the husband and wife are being abusive to each other," she said. "Although I do have cases of male spouse abuse where there is no aggressiveness on the part of the man."

Cultural shift

Stahlman sees women's increasing aggressiveness as a cultural shift.

Culture also affects the way men perceive themselves in an abusive relationship.

"In order for a soldier to say, 'Yes, I'm an abuse victim' — that's going against everything in his culture. Not just his Army culture, but culture generally.

"It's not socially acceptable in our culture to say 'My wife is beating me up.' That's why I say the Army is ahead of society in addressing the issue, because the Army is willing to recognize that (male spouse abuse) exists, and they are willing to take steps to do something about it. But it's the Army institution initiating action, not the individual victims," Stahlman said.

The individuals in the Army, who are being abused, are responding the way they would in our general culture, which is to simply disbelieve it, she said.

"They might say, 'Yes, my wife hits me, but I don't call it abuse.' They certainly don't believe it is. They look at the difference in size between themselves and their

wives; they look at the level of injury, and they feel ... men are taught not to make a fuss about being hurt."

So, how do family advocacy counselors like Stahlman get male soldiers to confront physically violent marital situations?

"Generally speaking, a man who comes in who has been physically abused by his wife is not at all happy about the situation, and he feels stuck about how to resolve it," she said.

"He's been taught contradictory messages: first, 'defend yourself from physical assault, and second, 'don't hit a woman.' A woman is hitting him. He doesn't like it and doesn't know how to get it to stop without physically responding.

"Abused men are probably the most quickly helped clients I work with," Stahlman said. "They are highly motivated to stop the abuse, while continuing the relationship. They are usually simply looking for a way to resolve the issue. When they learn different ways of responding, they're quick to make a change. It's a very fixable situation, once a man has identified and acknowledged the problem.

"That's why I say it's a very changeable situation," she said. "Usually the men who come in here love their wives, or they wouldn't still be in the relationship. They simply need a different approach to resolving conflict."

Children affected

Marital problems that don't improve affect the whole family. When the wife continues with the pattern abuse against the spouse, the violence is likely to spread to the children, Stahlman said. It's not unusual to see signs of depression, or above normal aggression, in children whose parents are fighting.

"I don't think there's any less impact for children seeing their

Conflict containment principles

- 1. Problem solving is a collaborative effort to resolve a mutual problem. Each issue, regardless of who raises it, has implications for the level of satisfaction of each. Positive change will benefit each, thus, all problems are mutual.
- 2. Two winner (win-win) tactics should be used. The goal should be that of seeking a resolution acceptable to both. Don't ever try to win an argument with your spouse.
- 3. Each partner should follow the (See PRINCIPLES, Page 15)

father beat up their mother, than for children seeing their mother beat up their father."

"Fortunately men who may not have realized it when they show up here, grasp it pretty quickly — that witnessing violence is hurting their children."

Sometimes, domestic violence impacts a servicemember's ability to do his job, but resolving the issue usually restores the previous level of functioning, Stahlman said.

"Generally speaking, it has a short-term impact on readiness until the problem is addressed," she said.

Since men in abusive situations aren't coming forward themselves, Army leaders are vital in recognizing problems and referring them to family advocacy, according to Stahlman.

"Maybe it's from the family advocacy program education over the years, whatever the cause the Army seems to understand the problem, and they're doing something about it.

"I'm just very impressed that I've had captains of units call me with referrals or first sergeants walk soldiers in and say, 'There's something going on here that shouldn't be going on.' That's really the first step," she said.

(*A substantiated case of abuse is one that fits within a certain pattern of behaviors and injuries on a scale from one to five, with five being the worst.)

(Editor's note — to contact the post family advocacy office, call Eva Granville at 788-3993.)

Number of Initial Substantiated Spouse Abuse Victims by Active Duty/Civilian Status and Sex												
FY	Fort Monroe				TRADOC				Army			
	Active Duty		Civilian		Active Duty		Civilian		Active Duty		Civilian	
	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
1994	3	0	0	0	154	576	858	35	755	2,418	3,734	147
1995	5	4	5	1	170	514	704	41	870	2,372	3,396	166
1996	2	3	2	1	163	475	663	30	754	2,210	3,100	131
1997	0	2	5	0	140	429	582	28	707	2,017	2,760	124
1998	1	0	0	1	138	342	453	23	672	1,925	2,399	112
1999	0	2	4	0	119-	311	402	15	577	1,439	1,941	96
2000	2	0	3	0	110	299	412	17	480	1,186	1,759	82
2001	0	0	3	0	113,	243	339	19	552	1,087	1,616	95
2002	2	4	0	0 1	118	249	327	15	508	1,025	1,620	82
(Courtesy post family advocacy office)												

Over the next several days, Americans of every age and walk of life will proudly display our national colors, gather at ceremonies, and offer a special prayer for service men and women in harms way — all in recognition of the annual Veterans Day observance. Honoring those who serve their country in uniform lies at the heart of patriotism and the American spirit. The Casemate would like to join the rest of the country in saying thanks to

The Veterans Among Us ...

Photos and stories by Patrick Buffett

Mike Leibolt, U.S. Army retired

Following his brother into the service and seeking out a career as an Army musician seemed like the “cool thing to do” for young Mike Leibolt of Ashland, Ohio.

“I guess my story is pretty typical as far as why I joined,” said Leibolt, who hangs his hat these days at Monroe’s Plans and Training Division. “My family didn’t have a whole lot of money for college, so the military was really my best option.”

Like a lot of 20-year vets, Leibolt considers the Army as “the place where he grew up.” He never saw actual combat, but, in his eyes, that’s not necessarily the only thing that makes a soldier.

“As far as I’m concerned, anyone who puts on a uniform and serves well through the first enlistment, or even a career, has a level of discipline and dedication that’s unmatched in any other segment of our society,” the former Army saxophonist said. Leibolt also did a two-year stint as a drill sergeant.

During his career, which took him to places like forts Lewis and Bliss and overseas to Germany, Leibolt saw the Army transition from its tarnished, unruly Vietnam-era image to one of strong values. “America’s pride in its soldiers has returned in a big way,” he said.



Mike Leibolt, Plans and Training Specialist, Fort Monroe IOC

It’s those values, and the aforementioned discipline and dedication, that Leibolt said he still brings to the job everyday. “I think being prior service gives us a unique perspective. In some ways, we can relate to soldiers better because we’ve been there.”

Leibolt said he realizes the importance of the civilian workforce in a military community now more than ever. “I truly do see my life as much

the same as before I retired. I’m still a part of what makes the Army tick. I just put on a different type of uniform these days.”

When it comes to Veterans Day, Leibolt doesn’t really see it as a celebration that’s necessarily meant for him. “I see it as a time to recognize combat veterans. Those who gave their lives, and those who are still fighting the wars in Afghanistan and Iraq.”

Karen Raiford, Army

As a college graduate intrigued by stories of espionage and clandestine operations, Karen Raiford made the decision to enlist in the Army to become an intelligence analyst.

“My whole family was in shock,” said Raiford, who is now a regional security specialist with the NERO headquarters here. “I had my degree in psychology, and was being offered the chance to go to law school, but I did a complete 180.”

Raiford served four years and had achieved the rank of sergeant



Karen Raiford, Regional Security Specialist, NERO/IMA

before she got out to pursue a DA civilian security specialist position at Fort Eustis. She transferred to her current position earlier this year.

“I know a lot of people walk away from the military saying it taught them discipline, but I was already a very organized person, so it just reinforced that aspect of my life,” Raiford said. “I think it taught me to be more compassionate — what it means to take care of soldiers and set the example. How to think of others before yourself.”

As for her take on Veterans Day, Raiford said it is a time when she feels the most proud about her decision to volunteer for military service. “I look at it differently because I ran the obstacle course and fired a weapon,” Raiford said. “Every soldier past or present should be proud considering the hurdles they overcome.”

Raiford also said this is just one of the many times of year when everyone should reflect on what the military does for the country.

“I think about my father who also served in the Army, and my ancestors who served as far back as the civil war,” Raiford said. “And I remember that the war on terrorism is still going strong. It’s a long tradition of sacrifice.”

Charlotte Hazelwood, U.S. Army retired

For some reason, people seem to have a hard time believing Charlotte Hazelwood when she tells them she served 20 years as an Army officer.

“Maybe its my personality — they’re expecting a big-old-mean soldier instead of someone who’s so upbeat and energetic,” said Hazelwood, who is the family program manager at the NERO headquarters on Monroe.

A desire to compete in the Ms. ROTC contest was Hazelwood’s first step toward a military uniform. “Someone said, ‘guess what, if you want to compete, you have to be in ROTC, so I signed up.’”

The Fort Lee area native was eventually commissioned in the Adjutant General Corps and her ensuing Army career took her to Japan, Korea, France, Prague and Czechoslovakia.

“I also grabbed every learning opportunity that came long,” she said, also noting that she is now a PhD candidate at George Washington University. “If there is any piece of advice I would pass on to soldiers and family members, it would be education, education, education.”

Hazelwood said her time in service has “helped her come full circle” in her understanding of what soldiers and family members endure day to day, and that’s espe-



Charlotte Hazelwood, Family Programs Manager, NERO/IMA

cially important in her line of work.

“Having walked in both moccasins, I know what it means to crawl through the dust and mud, and I know that feeling spouses get in the pit of their stomach when they have to wave goodbye with tears in her eyes.”

Thus, she views Veterans Day as a time to say thankyou to families as well as those who served in uniform.

Hazelwood is also proud of the fact that America’s attitude toward soldiers and their spouses has changed in a very positive way.

“They realize what soldiers have done day after day, year after year so people can sleep safe at night.”

Sports & Health

Monroe’s ‘Showtime’ ready to tackle USFTL nationals

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

A post-level sports team here is on its way to the Super Bowl ... or its equivalent at least in the flag and touch football arena.

“Showtime,” a 12-member flag football squad headed by Staff Sgt. Thomas Scott of TRADOC’s DCST, has begun making arrangements for a mid-January trip to Orlando, Fla., where it will compete in the 2003 U.S. Flag and Touch League’s National Championships – also known as “Superflagbowl XXXII”

Unlike the National Football League’s end-of-season spectacular, the USFTL championships draw numerous top-ranking teams from more than a dozen states across the nation. “We stand out because we’re one of two military teams participating as far as I know,” Scott said. “I believe the post team from Fort Sam (Houston) in Texas is also coming.”

Like any coach worth his whistle, Scott is quick to boast about his team’s talents, which should serve them well at Superflagbowl. “We don’t have a whole lot of beef up front — most of what we bring to the field is speed, discipline and smart plays on the field.

“We’re very good at figuring other teams out,” Scott said. “If they leave us the outside (edges of the field) play after play, that’s where we’re going to go. If they’re weak up the middle, that’s going to be our spot.”

Scott’s confidence in his team is backed by two rather impressive league records for the year. According to the USFTL website, Showtime is currently ranked number two among Virginia’s “Eight-Man, Class A Division” teams. Even better, the team’s win/loss record in the Langley Air Force Base Intramural Flag Football League is 12-1 (as of Nov. 6) putting them in first place. The league playoffs are set to begin soon, possibly this evening, Scott noted.

Showtime receivers Sgt. Kareem Terrell of Accessions Command and Sgt James Dix, MED-DAC, were among the players Scott singled out for “exceptional” talent. “They are play-makers,” Scott said. “If they get the ball in their hands and find a crease, they’re going to take it all the way.”

Conversely, Staff Sgt. Shawn Murray, TRADOC DCSOPS&T, is the “show-stopper” on defense. “He averages an interception per game,” Scott said. “I think he’s somewhere around eight or nine interceptions for the year, and that’s pretty decent for flag football.”

Fellow defensive back, Spc. Eric Hill, HHC, has also accumulated a few interceptions of his own. “He enjoys shutting receivers down,” Scott said. “And if we come up against an opponent that’s not very competitive, he sees it as a big let-down. So I have to give them other reasons to stay focused when playing against those teams.”

At QB, Scott also brings a ton of talent to the team. He’s played for two semi-professional tackle football teams — the Verona Redskins (Italy)



Photos by Patrick Buffett

Members of Fort Monroe’s “Showtime” flag football team pose for a photo following a recent practice session. They are: Omar Bermudez (81), Shawn Murray (20), C.J. Smart (84), Chuck Griffin (87), David Jackson (33), Thomas Scott (2), and Kareem Terrell (9).

in 1989 and the Bologna Rebels in 1990. He’s gone All-Army twice. And he’s coached for “all but three years” of his past 20 in the Army.

“I’ve taken two other post teams to the championships — forts Eustis and Sam Houston,” he said. “I also played football prior to coming into the military ... it really has been a major part of my life.”

In addition to the near-term Langley playoffs, and January’s Superflagbowl, Scott is planning to take his team to the USFTL’s Maryland/DC Championships Nov. 15 and 16; and the USFTL’s Atlanta Regional Championships Dec. 13 and 14. The players themselves are footing most of the bill — to include entry fees — for each of the away games.

“We realize MWR doesn’t have the money they used to have to pay the way for post teams, but it doesn’t discourage us from competing,” Scott said. “Its really all about the love of the game.” MWR is funding the trip to the nationals.

Scott said he would like to see more Monroe community members showing up for games and rooting on “their” team. “We’re very proud to represent this community, and I know it would mean a lot to these guys if we had more fans in the stands.”

Referring once again to Superflagbowl XXXII, Scott made one further observation about the Monroe team’s participation. “You know, we’re just this small post with probably one of the smallest military populations in the Army, but we’re still able to compete at the national level.

“I think that says something about the competitive spirit that exists here ... the willingness to be winners not only as soldiers but in a lot of other aspects of life,” Scott said. “Obviously, I’m very proud of this team, and I’m glad we’re representing Fort Monroe at the nationals.”

Close to 60 teams from more than a dozen states compete in Showtime’s USFTL division. The USFTL is a non-profit organization founded



Kareem Terrell, left, and Thomas Scott of Fort Monroe’s “Showtime” flag football team perform stretching exercises with the rest of the squad prior to practice Nov. 1.

in 1988 to “establish uniform rules and regulations” and “ensure safe and enjoyable participation for everyone,” according to its website. The USFTL is “dedicated to promoting the games of flag and touch football to all people, regardless of gender, race, age or religious affiliation.”

Smoke Out 5K walk/run

The Fitness Center will celebrate the Great American Smoke Out with a noncompetitive 5K walk/run Nov. 20 at noon. No registration is required, and it is open to the Fort Monroe community. Start and finish is at the Fitness Center. For more information, contact your fitness and wellness program coordinator, Jeanette Coffman at 788-4771.

Army credits last-minute Rugby win to Monroe player

BY JO1(SW) DANIEL SANFORD
ARMED FORCES SPORTS OFFICE

NAVAL STATION EVERETT, Wash. — With little more than a minute left in the 2003 All-Armed Forces Rugby Championship game here Oct. 24, Army kicker, Capt. Kevin Inglin, broke up a 20-20 tie with a two-point conversion giving his team the victory and the championship.

The conversion kick was part of Army Capt. Robert Snow's game tying try late in the game.

Throughout the championship match, the muddy field conditions weren't conducive for kicking. During halftime, with Air Force leading, 15-5, Army team captain and starting kicker, Capt. Al Weinnig, surrendered his kicking chores to Inglin, a public affairs officer assigned to U.S. Army Training and Doctrine Command, Fort Monroe.

"I knew I didn't have it today," said Weinnig after the game. "Ken [Inglin] has a great foot, so we went with him."

Inglin made a three-point free kick early in the second half to make the score, 15-8. 2nd Lt. Dustin Plumadore scored midway through the half and an Inglin kick tied the game at 15-15.

Inglin went on to successfully nail a three-point free kick and converted on an earlier Army try.

But, with the game on the line and overtime looming, the most important kick of the three-day was Inglin's final attempt.

Hundreds of spectators fell silent as Inglin lined up his kick. With a steely resolve that showed no notice of the importance of this conversion attempt, he methodically booted the ball through the crossbars.

Moments later, the final whistle was blown signaling the end of the game. Inglin instantly disappeared in a jubilant mob of his Army teammates — among them was fellow Fort Monroe officer Maj. Michael Sorrentino of U.S. Army Cadet Command.

"You dream of these situations, it's just one of those things," said Inglin, sporting a rather deep cut on his cheek. "I was just lucky to get them all through today. The



Contributed photos

Maj. Mike Sorrentino, U.S. Army Cadet Command, celebrates amid teammates after Army's victory over the Air Force during the 2003 Armed Forces Rugby Championships, Oct. 24, at Naval Station Everett, Wash.

kicks don't matter unless the team scores. They got us in that position so it wasn't just kicks."

"The competition in this year's finals was similar to many of the other finals I have been in amongst the services — very intense rivalries with the game being decided in the closing seconds," said Sorrentino. It was his seventh year on the All-Army squad. "The Army was able to win this close battle on heart and an outstanding team effort."

One year after watching the 2002 championship game from the sidelines, a rejuvenated and focused Army squad looked more like the rugby force that, until last year, dominated this tournament over the past decade.

Army opened the tournament by defeating the Marines, 21-3, and dispatching the Navy, 17-10. The following day, Army fell to the Air Force, 22-5 but came back to wallop the Coast Guard 27-3.

Army's 3-1 record was good enough to make it to the finals where they met Air Force again for the rematch.

Air Force struck early and often and dominated most of the championship game's first half. Air Force 1st Lt. Joe Kennedy scored barely two minutes into the game. 1st Lt. Robert Reinebach and Capt. Matthew Carmody also brought touches into the end zone making the score 15-0 late in the first half.

However, right before halftime, Weinnig banged home a try that proved to Air Force and everyone in attendance that Army

would not go quietly into the night.

At halftime, with the score 15-5, no extra points had been converted by either team. That's when Weinnig made the decision to go with Inglin.

Air Force fought back with 2nd Lt. Matthew Clugston's try with less than 10 minutes to play. But another failed two-point conversion, left the Air Force squad vulnerable, but in the lead, 20-15.

Army pounded the ball right back and finally pushed Snow in for the try and Inglin's converted kick proved to be the game winner.

"It was looking pretty rough toward the end but we saw the momentum swing our way and we took advantage of it," said the diminutive Snow. "They just gave me the ball and I knew I had to get it in."

"I'm not going to take anything away from Army, they just capitalized on a lot of our mistakes," said Kennedy. "They put the ball down in our end and we weren't able to keep possession very well. They did a good job around the rucks, taking the ball away from us. My hats off to them."

Kennedy, like many others in attendance, would also likely remove his hat for the tournaments biggest surprise — the Coast Guard team arrived in Everett with only 18 players, many paying their own way to get to the tournament. Having not won a game in four years of All-Service play, the Coasties went out and defeated the Marines, 10-0, and Navy, 12-5. Coast Guard carried over that momentum to Friday's consolation game and beat the Marines, 22-10.

This turned out to be Coast Guard's best showing at the All-Service tournament since they won it back in 1991. However, in 1991, Coast Guard had a 44-man roster.

"It's been so long since we've won that I can't express how proud I am of these guys and what they accomplished," said Coast Guard coach, Cmdr. Matt Sisson, who's played Coast Guard rugby for about two decades. "With only 18 guys, I can't believe we pulled it out. This is giving me twice the thrill as the 1991 team did."

"This has been one of the greatest experiences I've had in rugby, bar none," said the 44-year-old Sisson, who even jumped into the game to give a break to an exhausted teammate. "I'd rather have these guys around me on the rugby field more than any other group I've been associated with. And I've been playing rugby since 1977."

As expected, the Marines arrived at the tournament in top physical condition. Equal parts speed and brutal tenacity, Marines made their presence known every game they played.

"We are a hard hitting team that runs fast," said Master Sgt. Burnham Matthews, who is in his 19th year of playing rugby for the Marines. "We are usually in better shape than the other teams out here, but the mud kind of slowed us down."

Navy Coach, Don Sheehan, also believes the rain and subsequent sloppy conditions played a factor in Navy's poor showing at this year's tournament.

"On paper, our team matched up with the Air Force. We expected to play against them in the championship game," Sheehan said.

"Coming into the game, our strategy was to get the ball to the outside but a due to a combination of the weather and other things, we just weren't able to do that," he said. "The ball stayed mainly on the inside and we just couldn't produce. Frustration is an understatement."

Following the championship, the 2003 Armed Forces team was announced. Those players will compete in a National Championship in Tampa, Fla. Dec. 5-7.

Army ruggers chosen for the Armed Forces team are: Sorrentino; Capt. Timothy Wright, Schofield Barracks, Hawaii; Staff Sgt. Sean Buckley, Kaiserslautern, Germany; Weinnig, Korea; Staff Sgt. Siaosi Motuapuaka, Ft. Wainwright, Alaska; Staff Sgt. Saunoa Tupea, Ft. Wainwright, Alaska; Inglin; Capt. Joseph Morse, Ft. Lewis, Wash.; and Staff Sgt. Wayne Conway, Ft. Knox, Ky.



Capt. Kevin Inglin receives his first place medal at the closing ceremony of the Armed Forces Championship.

Moat notes

CAC personnel say thank you

In honor of Veterans Day, community activities center personnel say thank you by holding a free swim on Nov. 10, from 6 a.m. to 7 p.m. at the CAC indoor pool.

CCC fall bazaar

Join the Fort Monroe community for their fall bazaar on Nov. 15 from 10 a.m. to 5 p.m. at the community activities center, 100 Stillwell Road.

Vendors from all over will participate, bringing quality silver jewelry, baskets, wreaths, furniture, holiday decorations and Christmas items.

Profits from this bazaar will go into the CCC welfare fund to help support scholarships and community service organizations.

For more information, call Marie Hinton at 833-6167 or 788-4344.

Latin Ballet — Nov. 21

Fort Monroe will feature The Latin Ballet of Virginia in observing Hispanic Heritage Month at a public program starting at 2 p.m., Nov. 21 at the post theater. Acknowledged annually from Sept. 15 through Oct. 15, the observance month program was rescheduled due to the hurricane.

Admission is free and tickets are not required. A sign language interpreter will be on site.

Based in Richmond, The Latin Ballet of Virginia, a not for profit organization, promotes Hispanic heritage by teaching history and culture through dance, and performing for diverse audiences in North and South America. Founded in 1997 under the direction of Colombia, South American native, Ana Ines King, the company is comprised of eleven professional dancers from throughout the world, ten professional musicians and fifteen students that perform as the Junior Company.

King has a bachelor's degree in fine arts (dance and choreography) from the Instituto de Bellas Artes of Colombia, South America. She has more than 20 years experience teaching, directing and performing in South America and the United States.

King was awarded "Best National Choreographer" for "One Hundred Years of Solitude" in Colombia and her choreography of "Annie" for Televisa Mexico was awarded Best Children's Film of the Year.

For more information, call (757) 788-3422.

Adopt a service person for Thanksgiving

The USO of Hampton Roads is sponsoring its 17th Annual Adopt a Serviceperson Program. This program pairs host families with single military service personnel to spend Thanksgiving Day together.

The program has been a success in the past because of the generous people in Hampton Roads that open their hearts and homes to military men and women who can't make it home for Thanksgiving," said Jeff Hill, president and CEO of the USO of Hampton Roads.

If you would like to share your holiday meal with a service member, call 289-5912, weekdays from 9 a.m. to 5 p.m. Requests to participate in this program will be accepted through Nov. 20.

For more information, call Danis Lensch at 289-5915, or visit our website at www.usohr.com.

War museum's 80th anniversary

Veterans Day will mark the 80th anniversary of the Virginia War Museum. A ceremony will be held Nov. 11 at 11 a.m., at the Victory Arch on 25th Street and West Avenue in Newport News to commemorate this occasion.

After the ceremony, the public is invited to learn about America's rich military heritage presented by historic interpreters. They will discuss WWI, WWII and the Korean and Vietnam wars. Visitors will receive \$1 off the posted admission prices.

The museum is located in Huntington Park at 9285 Warwick Blvd., Newport News. Contact museum personnel at info@warmuseum.org or 247-8523.

West African drummers come to Hampton

As part of their coast-to-coast tour, the Drummers of West Africa

will perform at the American Theatre. Don't miss this family of percussionists who have appeared at the Cannes Film Festival and performed with the Rolling Stones, Peter Gabriel, Miles Davis and Dizzy Gillespie.

Performances will be held Nov. 13 at 7:30 p.m. and Nov. 14 at 8 p.m. Call the box office for tickets at 722-2787 or order online at www.theamericantheatre.com. There are discounts for students, seniors and military personnel. Group rates are also available.

Sports card show

The Williamsburg Outlet Mall, in Lightfoot, Va., will host a sports card collectible show Nov. 14 to 16.

The show will feature sports and non-sports cards, racing die-cast cars and cards, beanie babies, sci-fi autographs and pop collectibles from retailers throughout the mid-Atlantic region. Admission is free and the show is open to the public from 10 a.m. to 9p.m., Friday and Saturday; and 10 a.m. to 6 p.m. Sunday.

For vendor space rental information, contact Tom Morey of Space Travelers Comics and Promotions at mars53@aol.com or (540) 432-6771.

La Leche League

LLL is a non-profit, non-sectarian, mother-to-mother support organization. LLL of Hampton meets the second Wednesday of the month at 10 a.m. Mothers with their nursing babies, and mothers-to-be are welcome. For directions to meetings or more information, call Debbie at 851-5986.

Jazz concert

On rare occasions, a musical prodigy appears on the scene. This may be one of those times as 17-year old Justin Kauflin of Virginia Beach joins jazz drummer Jae Sinnett and bassist Terry Burrell in a concert at the Williamsburg Library Theatre on Friday and Saturday, Nov. 14 and 15 at 8 p.m. Tickets are \$12 for adults and \$6 for those under 16. They can be purchased at the Williamsburg Library, 515 Scotland Street, two blocks north of Merchants Square, or with Master-

At the Movies

Showing at the

Langley Air Force Base Theater:

Friday, November 7

7 p.m. — Underworld (R)

Saturday, November 8

2 p.m. — The Rundown (PG-13)

Saturday, November 8

7 p.m. — The Fighting Temptations (PG-13)

Friday, November 14

School of Rock (PG-13)

(Fort Eustis only)

(Langley is closed)

Saturday, November 15

2 p.m. — Duplex (PG-13)

Saturday, November 15

7 p.m. — Out of Time (PG-13)

All movies at 7 p.m. unless otherwise noted

Adults — \$2; Children 6 — 12 years old — \$1.50; and Children under 6 — free.

(If a child under 6 occupies a seat at a G-rated movie, admission is \$1.50.)

Special movie showings are available.

Contact John Low at 766-1237; or

LowJ@aafes.com for details.

Card or Visa at (757) 259-4070. This is another in the library's Dewey Decibel Concert series. (This concert was originally scheduled for Sept. 26 and 27, but was moved to this date due to hurricane damage. Tickets purchased for the original dates will be honored.)

Justin, a junior at Salem High School, has been blind since the age of 12 as a result of a degenerative disease. Jazz music took over as the main focus from the normal pursuits of a teenager - video games, TV and sports. Justin feels his blindness was a motivator. In a recent interview in The Virginia-Pilot he says, "If I didn't lose my vision, I wouldn't be where I am. That's when I started to take music seriously. It's like I didn't have anything else, and I needed something to occupy my time. Being blind gave me an advantage."

Jae Sinnett, the leader of the Governor's School of the Arts Big Band, which counts Justin as a member, saw his talent and invited Justin to join his trio for some local concerts.

New generation of combat vets marks Veterans Day 2003

WASHINGTON — With a new generation of combat veterans deployed in Iraq and Afghanistan, the men and women of the Department of Veterans Affairs (VA) join with millions of Americans on Nov. 11 to honor those who served in America's armed forces.

"If anyone wonders what it means to be a veteran, turn on the television news or read the newspaper headlines from Southwest Asia," said Secretary of Veterans Affairs Anthony J. Principi. "Like generations of combat veterans before, Americans in uniform today and their families are making great personal sacrifices to

serve our nation."

On Veterans Day, Principi will join President George W. Bush, military leaders and representatives of the major veterans service organizations for the traditional wreath-laying at the Tomb of the Unknowns at Arlington National Cemetery. The event is scheduled for 11 a.m. — the historic moment on Nov. 11, 1918, that marked the end of World War I.

Many VA facilities will also host local observations of Veterans Day at that hour, often serving as the focal point of commemorative events within their communities.

VA has an Internet site about Veterans Day at <http://www.va.gov/vetsday>. This site provides information on the history of Veterans Day and a teachers' guide to help students appreciate the contributions of America's veterans.

"On this Veterans Day, let us remember the sacrifices of the men and women who have worn — and continue to wear — the uniforms of our armed forces," said Principi. "We owe so much to those who stand on the outposts of liberty today, exercising the highest duties of citizenship, defending our liberties and making America a force for good in the world."

PRINCIPLES (Continued from page 10)

“change first” principle. Each partner should be prepared to “pay in advance” by changing their own behavior first, rather than insisting that they will change when their partner changes.

4. Problem solving should consist of two distinct, non-overlapping phases: Problem definition and problem resolution. Problem definition should continue only until both agree on a common definition of the issue. Once problem resolution has begun, the issue should not be redefined nor should additional issues be introduced (cross complaining).

5. Problem definition should be brief, positive, specific and future oriented. Don’t confuse talking about a problem with problem resolution. Give only enough examples, in issue – not personality terms, to define the issue – not overwhelm your partner.

6. Only one problem at a time should be discussed. Break problems down into small, solvable steps. Don’t take on more than one issue at a time.

7. The communication skills of listening, validation, feeling-talk, positive expression and negative expression should be followed. The feeling that one is being listened to and taken seriously may be more important than winning.

8. Problem solving should be modest and limited in focus. You should recognize that you won’t get everything you want. The best solutions will come when both are invested in the change process.

9. Conclusions should be detailed and repeated by each. Once a negotiated compromise has been reached, congratulate each other on your mutual success and celebrate your accomplishment.

(Courtesy Fort Monroe Family Advocacy Office)

Essential ingredients for having a “good” fight

- 1. Know yourself
 - a. How do you feel about the issue?
 - b. What do you want to achieve as a result of the fight?
 - c. What do you have at stake, personally, in the outcome?
- 2. Demonstrate good communication skills
 - a. “Seek first to understand, then to be understood”

How to fight fairly

- ☐ Ask for an appointment for the discussion
 - a. Mutually agreed upon time
 - b. Mutually agreed upon place
 - c. Approximate duration
 - d. Advise regarding content
- ☐ Do not argue “below the belt”
 - a. Don’t call each other names — direct or indirect
 - b. Don’t call each other’s friends, family or co-workers names — direct or indirect
 - c. Don’t threaten, verbally or non-verbally
 - d. Don’t use physical violence
- ☐ Use “I” messages
 - a. “You” messages: promote defensiveness, give responsibility to the other person and give away power.
 - b. “I” messages: reduce defensiveness, retain control, and show acceptance of responsibility.

- b. No “dirty fighting”
 - 3. Arrive at a joint definition of the problem
 - a. How is each person affected?
 - b. What are the short- and long-term goals?
 - 4. Go for a win-win
 - a. Maximum result: solutions to both short- and long-term goals
 - b. Minimum result: understand what the other person wants
- (Courtesy of Fort Monroe Family Advocacy Office)*

- ☐ Deal with feelings first
 - a. Identify your feelings to yourself
 - b. Listen to increase your awareness of what the other person is feeling
 - ☐ Check out what the other person is saying
 - a. Words – verbal
 - b. Nonverbal cues
 - c. Incongruencies
 - d. Thoughts and mind-reading (yours and other’s)
 - ☐ Ask for specific action
 - a. Ask for what you want in detail
 - b. Ask them what they want; get details
 - ☐ Take a “Time Out” is needed
 - ☐ See yourself and them as members of the same team with the same ultimate objective
 - ☐ Never give up
- (Adapted from Bach & Wyden, 1970; courtesy Fort Monroe Family Advocacy Office)*

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FALLEN SOLDIER (Continued from page 2)

Falaniko read from a few of Jonathan’s recent letters. For a point of reference, Jonathan was a new soldier, who has been in the Army less than six months. He attended basic training beginning in May of 2003 and deployed to Iraq in August of this year. So his letters capture his thoughts and dreams from the last couple of months. A few things Jonathan wrote really stood out and illustrated the man he was:

— Dad, I push myself hard because I know the Drill Sergeants expect a lot out of me.

— Dad, when I first got to basic training, I didn’t like getting smoked in physical training. But, now I like to get smoked ... I think it is good for me.

— Dad, I love being in the Army and I love serving my country.

— Dad, this is where I belong and this is where I need to be with you and the other Iron (1st Armored Division) soldiers.

— Dad, this place (Iraq) is a mess and I am glad we are here to fix it.

Falaniko finished by sharing from his heart, talking about his son as part of a close family. The kind of kid that always lends a hand to anyone. The kind of kid that loved his sisters and sent them money on every payday just to let them know he was thinking about them. The kind of kid from a strong Christian family that demonstrates

his faith by his actions every day. He concluded by saying to the hundreds of Soldiers present, from three-star general to private:

“What our country brings to Iraq is a chance for freedom and democracy...making a difference every day. My son died for a good cause ... he answered the nation’s call. Just like a typical American Soldier, Jonathan was accomplishing his mission, doing what he was supposed to be doing. He had a big heart, and he was proud to be a Soldier.”

Then 1st Sgt. Allen called: “Private Falaniko” (Silence)

Again, he called, “Private Jonathan Falaniko” (Silence)

And finally, “Private Jonathan Ioakimo Falaniko” (Silence)

Jonathan Falaniko was a hero who made the ultimate sacrifice. Both he and his father are examples of what makes our Army and our country great. The Army and our nation mourn his death. But, he represents the best of America: strong family, strong faith, strong community and a willingness to serve and help others. Rest in Peace Jonathan ... mission accomplished. *By Lt. Col. John Kem; courtesy Army News Service.*

(Editor’s note: Pvt. 2 Jonathan Falaniko is scheduled to be buried in Arlington National Cemetery on the morning of Nov. 7.)

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